

## Ashtanga Vinyasa Yoga Advanced A 3. Serie - Sthira Bhaga (erhabene Ruhe)



1. Side Plank Pose  
II • Vasisthasana II



2. Sage  
Visvamitrasana  
Pose Variation •  
Visvamitrasana  
Variation



3. Pose Of Kasyapa  
• Kasyapasana



4. Moon Bird Pose •  
Chakorasana



5. Destroyer Of The  
Universe Pose •  
Kala Bhairavasana



6. Pose Dedicated  
To Skanda •  
Skandasana  
Variation



7. Standing Foot To  
Head Pose



8. Tripod  
Headstand Pose  
Lotus Legs •  
Sirsasana II  
Padmasana



9. Upward Cock  
Pose • Urdhva  
Kukkutasana



10. Lotus Pose  
Prayer Arms •  
Padmasana  
Namaste Arms



11. Upward Cock  
Pose • Urdhva  
Kukkutasana



12. Lotus Pose  
Prayer Arms •  
Padmasana  
Namaste Arms



13. Upward Cock  
Pose • Urdhva  
Kukkutasana



14. Flying Pigeon  
Pose • Eka Pada  
Galavasana



15. One legged  
Crane Pose • Eka  
Pada Bakasana



16. Pose Dedicated  
To Koundinya A •  
Koundinyasana A



17. Twisted One-Legged Arm Balance Pose I • Koundinyasana I



18. Headstand II • Sirsasana II



19. Eight Angle Pose • Astavakrasana



20. Jump Through Pose



21. Eight Angle Pose • Astavakrasana



22. Full Spinal Twist Pose • Poorna Matsyendrasana



23. Foot Behind the Head Pose • Eka Pada Sirsasana



24. Om Pose • Omkarasana



25. Pose Of Viranchi B • Viranchyasana B



26. Pose Of Viranchi B Variation • Viranchyasana B Variation



27. Headstand Pose • Salamba Sirsasana



28. Two-legged Inverted Staff Pose • Dvi Pada Viparita Dandasana



29. One Legged Inverted Staff Pose • Eka Pada Viparita Dandasana



30. Locust Pose Variation • Salabhasana Variation



31. Full Locust Pose • Poorna Salabhasana



32. Monkey Pose Forward Bend • Hanumanasana Forward Bend



33. **Supine Splits Pose** • Supta Trivikramasana



34. **Warrior Pose III** • Virabhadrasana III



35. **Airplane Pose** • Dekasana



36. **Pose Of Trivikrama Standing** • Utthita Trivikramasana



37. **King Dancer Pose B** • Baddha Natarajasana



38. **King Cobra Pose** • Raja Bhujangasana



39. **One Legged King Pigeon Pose III** • Eka Pada Rajakapotasana III



40. **Wheel Pose** • Urdhva Dhanurasana



41. **Seated Forward Bend Pose** • Paschimottanasana